

HOMEBOUND MENU

OCTOBER 2024

FALL/WINTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/30/2024	10/1/2024	10/2/2024	10/3/2024	10/4/2024
Authentic Picadillo [10] Spanish Style Rice [23] * Chuckwagon Corn [19] * <i>Whole Grain Dinner Roll [26]</i> <i>Pineapple Tidbits [15] *</i> 2% Milk [12] * 830 calories / 37 grams protein	Chicken Alfredo Casserole [30] Roasted Brussels Sprouts [8] * Parisian Carrots [8] * <i>Sliced Bread [13] *</i> <i>Fresh Grapes [21] *</i> 2% Milk [12] * 720 calories / 50 grams protein	Homestyle Meatloaf [6] Creamy Mashed Potatoes [17] * Country Vegetable Medley [11] * <i>Assorted Gelatin [23] *</i> 2% Milk [12] * 720 calories / 30 grams protein	Chicken Fajita Bowl [2] * with Cilantro Lime Rice [25] * Seasoned Black Beans [23] * Fire-Roasted Corn [18] * <i>Tortilla Chips [18] *</i> <i>Diced Mango [17] *</i> 2% Milk [12] * 780 calories / 49 grams protein	Oven Roasted Turkey [3] Glazed Sweet Potatoes [22] * Buttery Green Beans [6] * <i>Whole Grain Dinner Roll [26]</i> <i>Chocolate Chip Cookie [32] *</i> 2% Milk [12] * 730 calories / 36 grams protein
10/7/2024	10/8/2024	10/9/2024	10/10/2024	10/11/2024
Captain's Fish Nuggets [25] Creamy Mac n' Cheese [21] Garden Vegetable Medley [13] * <i>Ketchup [6] *</i> <i>Chocolate Pudding [19] *</i> 2% Milk [12] * 725 calories / 36 grams protein	Rustic Smoked Brisket [9] Roasted Red Potatoes [15] * Simply Sweet Corn [17] * <i>Sliced Bread [13] *</i> <i>Raisins [29] *</i> 2% Milk [12] * 705 calories / 36 grams protein	Sweet & Sour Chicken [37] over Fluffy Rice [29] * Vegetable Spring Roll [12] Steamed Broccoli Florets [5] * <i>Fortune Cookie [4] *</i> 2% Milk [12] * 720 calories / 32 grams protein	Savory Salisbury Steak [7] Garlicky Mashed Potatoes [17] * Candied Carrot Coins [12] * <i>Whole Grain Dinner Roll [26]</i> <i>Fresh Banana [26] *</i> 2% Milk [12] * 720 calories / 32 grams protein	Smothered Chicken Pizzaiola [7] Italian Seasoned Orzo [21] * Balsamic Glazed Brussels Sprouts [11] * <i>Whole Grain Dinner Roll [26]</i> <i>Fruited Gelatin [20] *</i> 2% Milk [12] * 695 calories / 50 grams protein
10/14/2024	10/15/2024	10/16/2024	10/17/2024	10/18/2024
Nonna's Three Cheese Lasagna [35] Parslied Peas & Carrots [10] * Seasoned Cauliflower Florets [4] * <i>Blueberry Loaf Cake [35] *</i> 2% Milk [12] * 700 calories / 31 grams protein	Southern Chicken Fried Chicken [14] Creamy Mashed Potatoes [17] * Asparagus with Red Peppers [5] * <i>Buttermilk Biscuit [27]</i> <i>Fresh Orange [17] *</i> 2% Milk [12] * 760 calories / 42 grams protein	Hearty Turkey Chili [26] over a Sweet Cornbread Bowl [33] * Winter Vegetable Medley [7] * <i>Assorted Gelatin [23] *</i> 2% Milk [12] * 715 calories / 38 grams protein	Sarah's Calabacitas con Pollo [17] Spanish Rice [25] * Smooth Refried Beans [21] * <i>Tortilla Chips [18] *</i> <i>Pineapple Tidbits [15] *</i> 2% Milk [12] * 750 calories / 46 grams protein	Cheesy Stromboli Bites [48] Homemade Marinara Sauce [11] Italian Vegetable Medley [12] * <i>Cinnamon Applesauce [17] *</i> 2% Milk [12] * 725 calories / 31 grams protein
10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
Southwest Cheese-Filled Omelet [6] Oven-Baked Hashbrown Rounds [23] Steamed Broccoli Florets [5] * <i>Strawberry Yogurt [21] *</i> <i>Granola [20] *</i> 2% Milk [12] * 735 calories / 33 grams protein	Savory Turkey Meatballs [5] over Saucy Tomato Penne [45] Peas & Pearls [8] * <i>Garlic Bread [14] *</i> <i>Fresh Grapes [21] *</i> 2% Milk [12] * 730 calories / 39 grams protein	Green Chile Chicken Enchiladas [30] Cilantro Lime Rice [25] * Zesty Black Beans [22] <i>Diced Mango [15] *</i> 2% Milk [12] * 700 calories / 33 grams protein	Creamy Beef Stroganoff [30] Seasoned Brussels Sprouts [8] * Candied Carrot Coins [12] * <i>Sliced Bread [13] *</i> <i>Diced Peaches [16] *</i> 2% Milk [12] * 720 calories / 55 grams protein	Arroz con Pollo [36] Flame-Roasted Corn [17] * Spanish Green Beans [10] <i>Mini Concha [24] *</i> 2% Milk [12] * 710 calories / 49 grams protein
10/28/2024	10/29/2024	10/30/2024	10/31/2024	11/1/2024
Spiced Lentil Stew [30] Brown Rice Pilaf [22] * Seasoned Asparagus [6] * <i>Buttermilk Biscuit [27]</i> <i>Pineapple Tidbits [15] *</i> 2% Milk [12] * 740 calories / 32 grams protein	Tangy Orange Chicken [40] over Fluffy Rice [29] * Vegetable Spring Roll [12] Garden Vegetable Medley [13] * <i>Fortune Cookie [4] *</i> 2% Milk [12] * 760 calories / 33 grams protein	Old-Fashioned Swiss Steak [14] Garlicky Mashed Potatoes [17] * Herbed Green Beans [6] * <i>Whole Grain Dinner Roll [26]</i> <i>Assorted Gelatin [23] *</i> 2% Milk [12] * 700 calories / 33 grams protein	HAPPY HALLOWEEN BBQ 'Ghoul'ed Chicken [9] Dracul-oni and Cheese [21] 'BOO'ssels Sugar [8] * <i>Night of the Living Bread [13] *</i> <i>"Gourd"geous Sugar Cookie [22] *</i> 2% Milk [12] * 655 calories / 48 grams protein	Classic Cheeseburger [2] Oven-Baked Potato Wedges [25] * Parslied Peas & Carrots [10] * <i>Hamburger Bun [23]</i> <i>Ketchup & Mustard [3]</i> <i>Lettuce, Tomato, & Onion Garnish [4] *</i> <i>Apple Slices [15] *</i> 2% Milk [12] * 710 calories / 34 grams protein

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY. SUBSTITUTIONS MAY BE MADE. FOR MORE INFORMATION CALL (210)735-5115.

LEGEND: [X] = Grams of Carbohydrates per Serving * = Low Sodium

BOLD = In Tray

Italic = Outside Tray

COMMENTS:

1. Fortified Apple Juice: 120 calories, 0 g protein, 28 g carbohydrates, and 25 mg sodium
2. For those watching their carbohydrate intake, the amount (grams) of carbs per serving is listed beside each menu item in brackets [].
3. "Low Sodium" is defined as 140 mg of sodium or less per serving.

MENU APPROVED BY:

Lauren Petley, MS, RDN, LDN (Registration: 86147166, Exp: 8/31/2025)(License: DT88677, Exp: 6/20/2025)

Lauren Petley, RDN, LDN 9/19/24

OCTUBRE 2024

OTONO/INVIERNO

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
9/30/2024	10/1/2024	10/2/2024	10/3/2024	10/4/2024
Picadillo [10] Arroz Español [23] * Elote y Pimientos [19] * <i>Panecillo [26]</i> <i>Piña Cortada [15] *</i> <i>2% Leche [12] *</i> 830 calorías / 37 gramos de proteína	Pollo Alfredo [30] Repollitos de Bruselas Asadas [8] * Parisian Carrots [8] * <i>Panecillo [13] *</i> <i>Uvas [21] *</i> <i>2% Leche [12] *</i> 720 calorías / 50 gramos de proteína	Pastel de Carne [6] Puré de Papas Cremoso [17] * Mezcla de Verduras Vapestres [11] * <i>Gelatina Variada [23] *</i> <i>2% Leche [12] *</i> 720 calorías / 30 gramos de proteína	Tazón de Fajita de Pollo [2] * sobre Arroz con Cilantro Y Lima [25] * Frijoles Negros Sazonados [23] * Elote Tostado al Fuego [18] * <i>Chips de Tortilla [18] *</i> <i>Mango Cortado en Cubitos [17] *</i> <i>2% Leche [12] *</i> 780 calorías / 49 gramos de proteína	Pavo Asado al Horno [3] Camote Glaciado [22] * Ejotes Verdes con Mantequilla [6] * <i>Panecillo [26]</i> <i>Galleta con Chispas de Chocolate [32] *</i> <i>2% Leche [12] *</i> 730 calorías / 36 gramos de proteína
10/7/2024	10/8/2024	10/9/2024	10/10/2024	10/11/2024
Nuggets de Pescado Empanizados [25] Macarron con Queso [21] Mezcla de Vegetales [13] * <i>Ketchup [6] *</i> <i>Pudín de Chocolate [19] *</i> <i>2% Leche [12] *</i> 725 calorías / 36 gramos de proteína	Brisket BBQ Ahumada [9] Patatas Rojas Asadas [15] * Elote [17] * <i>Panecillo [13] *</i> <i>Pasas Secadas Al Sol [29] *</i> <i>2% Leche [12] *</i> 705 calorías / 36 gramos de proteína	Pollo Agridulce con Arroz [66] Rollito de Primavera de Verduras [12] Floretes de Brócoli [5] * <i>Galleta de la Fortuna [4] *</i> <i>2% Leche [12] *</i> 720 calorías / 32 gramos de proteína	Filet Salisbury [7] Puré de Papas al Ajo [17] * Zanahorias Glaseadas [12] * <i>Panecillo [26]</i> <i>Plátano [26] *</i> <i>2% Leche [12] *</i> 720 calorías / 32 gramos de proteína	Pollo a la Pizzaiola [7] Pasta Orzo [21] * Repollitos de Bruselas [11] * <i>Panecillo [26]</i> <i>Gelatina con Fruta [20] *</i> <i>2% Leche [12] *</i> 695 calorías / 50 gramos de proteína
10/14/2024	10/15/2024	10/16/2024	10/17/2024	10/18/2024
Lasaña de Tres Quesos [35] Chicharos y Zanahorias [10] * Floretes de Coliflor [4] * <i>Pastel Arácano [35] *</i> <i>2% Leche [12] *</i> 700 calorías / 31 gramos de proteína	Pollo Frito con Pollo [14] Puré de Papas Cremoso [17] * Espárragos y Pimientos Rojos [5] * <i>Panecillo [27]</i> <i>Maranja [17] *</i> <i>2% Leche [12] *</i> 760 calorías / 42 gramos de proteína	Chili de Pavo [26] sobre Pan de Maíz Dulce [33] * Mezcla de Vegetales [7] * <i>Gelatina Variada [23] *</i> <i>2% Leche [12] *</i> 715 calorías / 38 gramos de proteína	Calabaza con Pollo [17] Arroz Español [25] * Frijoles Refritos [21] * <i>Chips de Tortilla [18] *</i> <i>Piña Cortada [15] *</i> <i>2% Leche [12] *</i> 750 calorías / 46 gramos de proteína	Bocaditos de Stromboli con Queso [48] Salsa Marinera [11] Mezcla de Vegetales [12] * <i>Puré de Manzana [17] *</i> <i>2% Leche [12] *</i> 725 calorías / 31 gramos de proteína
10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
Tortilla de Huevo Con Queso [6] Croquetas de Papas [23] Floretes de Brócoli [5] * <i>Yogur de Fresa [21] *</i> <i>Granola [20] *</i> <i>2% Leche [12] *</i> 735 calorías / 33 gramos de proteína	Sabrosas Albóndigas de Pavo [5] over Pasta con Marinera [45] Zanahorias Sazonadas [8] * <i>Pan de Ajo [14] *</i> <i>Uvas [21] *</i> <i>2% Leche [12] *</i> 730 calorías / 39 gramos de proteína	Enchiladas de Pollo con Chile Verde [30] Arroz con Cilantro Y Lima [25] * Frijoles Negros Sazonados [22] <i>Mango Cortado en Cubitos [15] *</i> <i>2% Leche [12] *</i> 700 calorías / 33 gramos de proteína	Stroganoff de Res [30] Repollitos de Bruselas [8] * Zanahorias Glaseadas [12] * <i>Panecillo [13] *</i> <i>Duraznos Cortados en Cubitos [16] *</i> <i>2% Leche [12] *</i> 720 calorías / 55 gramos de proteína	Arroz con Pollo [36] Elote Tostado al Fuego [17] * Ejotes a la Española [10] <i>Concha [24] *</i> <i>2% Leche [12] *</i> 710 calorías / 49 gramos de proteína
10/28/2024	10/29/2024	10/30/2024	10/31/2024	11/1/2024
Sopa de Lentejas con Especies [30] Pilaf de Arroz [22] * Espárragos [6] * <i>Panecillo [27]</i> <i>Piña Cortada [15] *</i> <i>2% Leche [12] *</i> 740 calorías / 32 gramos de proteína	Pollo a la Naranja [40] sobre Esponjoso Arroz [29] * Rollito de Primavera de Verduras [12] Mezcla de Vegetales [13] * <i>Galleta de la Fortuna [4] *</i> <i>2% Leche [12] *</i> 760 calorías / 33 gramos de proteína	Filete de Res Suizo [14] Puré de Papas al Ajo [17] * Ejotes Verdes [6] * <i>Panecillo [26]</i> <i>Gelatina Variada [23] *</i> <i>2% Leche [12] *</i> 700 calorías / 33 gramos de proteína	Pollo Asado a la Barbacoa [9] Macarron con Queso [21] Repollitos de Bruselas [8] * <i>Panecillo [13] *</i> <i>Galleta de Azúcar [22] *</i> <i>2% Leche [12] *</i> 655 calorías / 48 gramos de proteína	Hamburguesa con Queso [2] Papas Fritas [25] * Chicharos y Zanahorias [10] * <i>Pan de Hamburguesa [23]</i> <i>Ketchup y Mostaza [3]</i> <i>Lechuga, Tomate, Cebolla [4] *</i> <i>Manzana [15] *</i> <i>2% Leche [12] *</i> 710 calorías / 34 gramos de proteína

MENU SUJETO A CAMBIOS SIN AVISO... PARA MAS INFORMACION LLAME AL 210-735-5115.

LEYENDA:

[X] = Gramos de carbohidratos por porción * = Bajo en Sodio

PALABRAS = En la bandeja

PALABRAS = Fuera de la bandeja

COMENTARIOS:

- Jugo de manzana fortificado: 120 calorías, 0 g de proteína, 28 g de carbohidratos y 25 mg de sodio.
- Para quienes controlan su consumo de carbohidratos, la cantidad (gramos) de carbohidratos por porción aparece al lado de cada elemento del menú, entre paréntesis [].
- Se recomienda que las comidas consten de 45 a 75 gramos de carbohidratos, mientras que la merienda conste de 15 a 30 gramos de carbohidratos.
- "Bajo en sodio" se define como 140 mg de sodio o menos por porción.

MENU APROBADO POR:

Lauren Petley, MS, RDN, LDN (Registration: 86147166, Exp: 8/31/2025)(License: DT88677, Exp: 6/20/2025)

Lauren Petley, RDN, LDN 9/19/24